

OPEN TO ALL DOD ID CARDHOLDERS & SPONSORED GUESTS



Schofield Barracks Health & Fitness Center

# HEART HEALTH FITNESS EXPO

FRIDAY, FEBRUARY 3, 2023 ♥ 4:30-8 P.M.

## MISSION: SLIMPOSSIBLE

FIRST DAY OF THE  
6-WEEK WEIGHT LOSS  
COMPETITION!

**EARLY ENTRY: \$30**

**MUST BE  
REGISTERED  
BY JAN. 13**

**LATE ENTRY: \$40**

**JAN. 14-FEB. 3**

**INITIAL WEIGH IN:**

**JAN. 30- FEB. 3**



## FITNESS INSTRUCTOR GREETINGS



Meet our fitness  
instructors!

Join in their free  
demo classes!

Gain knowledge on  
health, fitness & wellness!

Door prizes!

Check out our upcoming  
fitness events!

Meet on-post health  
related advocates,  
health & fitness  
industry vendors  
& more!



**5-7:30 P.M.**

10-minute Partner  
workout competition  
for two people to  
complete as many  
rounds as possible  
(AMRAP)

## Entry Fees

Early Entry: \$30 per team  
Must register by Jan. 13

Late Entry: \$40 per team  
Jan. 14-Feb. 3

**No refunds**  
Prizes for  
competitors!



For more information, call (808) 655-5975.



HiMWR.com or MWR HAWAII



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